

## May 2010 NEC Agenda (DRAFT)

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### AGENDA ITEM - X

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Action

Cadet Programs

### SUBJECT: Cadet Physical Fitness Testing

Author: NCAC

XXR/CC – Sponsor

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### INFORMATION BACKGROUND:

The National Cadet Advisory Council maintains that a Cadet Physical Fitness Test which consistently measures cadet achievement, recognizes individual differences and upholds reasonable standards goes far in promoting a life-long habit of physical fitness in all cadets.

An effective Cadet Physical Fitness Test must balance consistent challenge with recognition of individual differences. Though it was designed to allow for cadets' varying abilities, the current "run plus two out of three" rule fails in this objective, as cadets can ignore an entire aspect of physical fitness. While recognizing individual differences, a workable system must be based on more objective criteria.

The National Cadet Advisory Council recommends replacing the current Cadet Physical Fitness Test with one based on point totals. These point totals are directly derived from the President's Challenge percentiles.

Cadets' total point requirement corresponds to the expected percentile on the President's Challenge system. This means that a cadet who passes all events at the current required level attains the number of points required for promotion.

To derive the point standards, the President's Challenge percentiles were divided by five to give up to 20 points per event. In keeping with CAP's emphasis on cardiovascular endurance and speed, the points for the Mile Run or Shuttle Run are doubled to give up to 40 points per event. The maximum possible number of points is 100. Cadets must earn a minimum of one point in each area, corresponding to the 5<sup>th</sup> percentile, but can use individual strengths to compensate for weaker areas in accumulating the required total. The President's Challenge data is available at

[http://www.presidentschallenge.org/educators/program\\_details/physical\\_fitness/qualifying\\_standards.aspx](http://www.presidentschallenge.org/educators/program_details/physical_fitness/qualifying_standards.aspx).

### PROPOSED NATIONAL BOARD ACTION:

The National Board revises CAPR 52-16 as follows and authorizes National Headquarters to update CAPP 52-18 accordingly. The recommended point values are attached.

**1-2(c)3(d). Scoring.** To pass CPFT, cadets assigned to Physical Fitness Category I must earn a minimum number of points, based on their grade (Figure 1-2). Points are based on age and gender, as found in CAPP 52-18 and derived from the President's Challenge system. Cadets assigned to Physical Fitness Category II, III or IV are waived from one or more CPFT events due to a medical condition. For each waived event, the number of points the cadet must earn is decreased by 1/5 (sit-ups, push-ups, and sit-and-reach) or 2/5 (mile run or shuttle run) of the total required score. All cadets must earn a minimum of one point in each non-waived event.

#### **1-10 (c). Physical Fitness Categories.**

**c. Category II – Temporarily Restricted.** Cadets assigned to Category II are temporarily restricted from all or part of the CPFT due to a temporary condition or injury. Temporary conditions include broken bones, post-operative recovery, obesity and illness. Normally, cadets will not exceed 6 months in this category without their condition being re-evaluated. For each waived event, the number of points the cadet must earn to pass the CPFT is decreased by 1/5 (sit-ups, push-ups, and sit-and-reach) or 2/5 (mile run or shuttle run) of the total required score (see paragraph 1-2c). However, cadets may not earn milestone awards while assigned to this category; they must wait until they return to Category I, or meet the Category III or IV criteria described below.

**d. Category III – Partially Restricted.** Cadets assigned to Category III are indefinitely or permanently restricted from a portion of the cadet physical fitness program due to a medical condition or injury that is chronic or permanent in nature, as certified by a physician. For each waived event, the number of points the cadet must earn to pass the CPFT is decreased by 1/5 (sit-ups, push-ups, and sit-and-reach) or 2/5 (mile run or shuttle run) of the total required score (see paragraph 1-2c).

**Figure 1-2. CPFT Point Minimums.**

<u>Cadet Level</u>	<u>President's Challenge Percentile</u>	<u>Points</u>
Phase I: Achievements 1-3 & Wright Brothers	25 <sup>th</sup>	25
Phase II: Achievements 4-6	35 <sup>th</sup>	35
Phase II: Achievements 7-8 & Mitchell	50 <sup>th</sup>	50
Phase III: Achievements 9-11 & Earhart	60 <sup>th</sup>	60
Phase IV: Achievements 12-16 & Eaker	70 <sup>th</sup>	70
Spaatz Award	75 <sup>th</sup>	75

#### **ESTIMATED FUNDING IMPACT:**

#### **CAP NATIONAL HEADQUARTERS' COMMENTS:**

#### **CAP-USAF HEADQUARTERS' COMMENTS:**

**ADVISOR / NATIONAL STAFF COMMENTS:**

**REGULATIONS & FORMS AFFECTED:**

CAPR 52-16, *Cadet Program Management*

CAPP 52-18, *Cadet Physical Fitness*

**ATTACHMENTS**

Staff Study Report on Cadet Physical Fitness Test

CPFT Point Tables (President's Challenge Percentiles)